

Despite their friendly and slow appearance, the hippo is one of **the most dangerous animals** in Africa and can easily outrun a human.



**The Seychelles** are home to thousands of sea turtles that lay their eggs on the beaches.

# Habari

## Soulful sound

### Grace Barbé

Coming from the kaleidoscopic Seychelles, the energetic and beautiful Grace Barbé looks to traditional slave rhythms and dances, and fuses these with rock, Afrobeat, reggae and pop. She sings in English, Creole and French and her soulful music celebrates the diverse cultural influences of her Indian Ocean heritage.



More than 1,500 languages are spoken on the African continent – the greatest linguistic diversity in the world. English is the most common language.



## Nairobi

Lamu Old Town is the oldest and best-preserved Swahili settlement in East Africa.



### Have a drink Zing Bar

If James Bond was real, he'd come to Zing. He'd wear a crisp white cotton dress shirt, no tie, and sleeves neatly folded to his elbow. He'd sit on one of the swanky yellow seats at the far end of the bar, near the large silver mask, his back to the wall like a true secret agent. Then he'd sip his martini while taking in the room, keeping his hands off the complimentary

### Stay happy

### Tune Hotel

From the outside, Tune Hotel resembles an alien spaceship, the kind from your favourite retro sci-fi film. At least at night. Just launched on Westland's Rhapta Road, this is the international hotel chain's first branch in Africa. The cheery block of red and grey rises eleven storeys into the sky. It's a three-star budget hotel that doesn't look budget. The rooftop bar offers a beautiful view of Nairobi.

~ [tunehotels.com](http://tunehotels.com)



nuts. He'd choose Zing because it has that cool retro allure (and attracts women who go for suave Bond types). He'd stare listlessly at the affluent after-work herd and finally succumb and pick a glazed nut. Just one.

~ [d2nairobi.com](http://d2nairobi.com)



### Foodie favourite

## Nyama Mama

Once in a while someone (the Good Earth Group, in this case) does something phenomenal in Nairobi. Like open up a diner that serves local home-style dishes with a modern eclectic twist. Think a bohemian roadside diner with mama's stews, Chapati wraps, craft burgers, hand-cut chips and homemade BBQ sauces.

The ambience is Afro-cool, with exclusively African music streamed live from bespoke sound consultancy Music Concierge. For a spirited finish, round off with a Charcoal Manhattan cocktail made with Bulleit Bourbon.

~ [thegoodearthgroup.com/nyama-mama](http://thegoodearthgroup.com/nyama-mama)

Text: Jackson Biko

**Quote**

**“I dwell on issues that a lot of artists will choose not to address”**

– Michael Soi –  
Kenyan artist

Africa contains 30 percent of the world's minerals: just under half of the world's diamonds and one fifth of the world's gold.



## Arts & Culture

At the Manta Resort on Zanzibar, you can sleep in an underwater room surrounded by fish.

### Cultural jubilee Festac at Forty

Forty years ago, a month-long cultural celebration, the Second World Black and African Festival of Arts and Culture in Lagos became the largest pan-African gathering of its kind, with about 17,000 participants from at least 57 countries across the continent and the wider diaspora. Stevie Wonder performed, as did Gilberto Gil from Brazil, Miriam Makeba of South Africa and Les Ballets Africains of Guinea. Now the festival is the stuff of legend, but you can visit the past via a Facebook archive of the event.

~ [facebook.com/festac77archive](https://facebook.com/festac77archive)

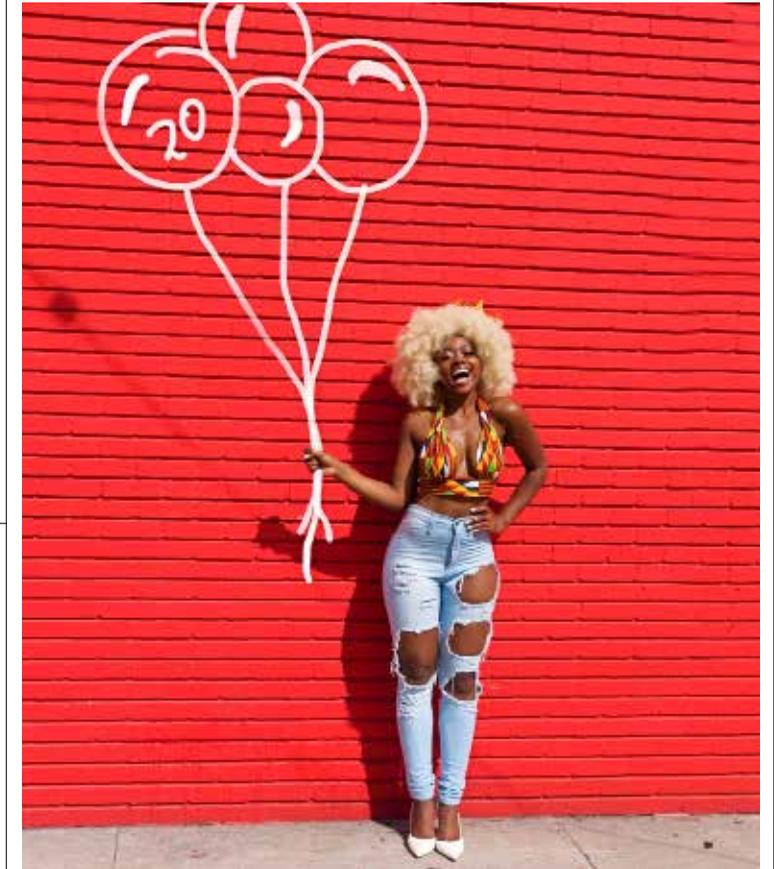


### Event

### Three-day celebration

This year, the Marsabit Lake Turkana Cultural festival will take place from 4 to 6 May on the shores of the world's largest desert lake. The three-day celebration presents the cultural riches of fourteen tribes, and the colourful festivities also serve a deeper purpose: to promote peace and reconciliation among communities in the region.

~ [laketurkanaculturalfestival.com](http://laketurkanaculturalfestival.com)



### Q&A

## Colour Me Beautiful

Twenty-year-old Kenyan artist Cynthia Nyongesa creates amazing self-portraits using colourful walls as a background. She chats with Msafiri about her goals and passion for art.

#### How did you come up with this idea?

Colours have always been my first love, so I wanted to incorporate them into my artwork. And I wanted the freedom to create scenes without a model or professional photography; I think the combination of self-portraits and colourful walls creates a perfect setting.

#### What do you want to achieve with your art?

I want people to see the world through my eyes and be inspired by my imagination. My message is also not to take life too seriously, because having fun doesn't stop when you get old.

#### Where do you see yourself in ten years?

Hopefully I can provide people with opportunities that I never had. I hope to open up creative centres not only in Nairobi, but also in the remote corners of Kenya. I want to be part of the amazing wave of creativity that is emerging in Kenya.

~ [theafricanunicorn.com](http://theafricanunicorn.com)

Text: Eva de Vries

With about 21 million people, **Lagos, Nigeria**, is now the biggest city in Africa after overtaking Cairo, Egypt.



# Gadgets

Lake Malawi has the largest number of fish species in the world – more than 500.



Right on track

## Gotta Look Smart

*For women who want to track their steps, calories and elevation, smart wristbands are all the rage. But how does one get past the plastic look of them?*

Fitness trackers can help raise your awareness of your physical activity throughout the day and encourage you to make healthy choices. But a plastic band around your wrist isn't always the most fashion-forward accessory. Omron Healthcare has designed a different brand of smart wristband: Mira Fitness, is a range of sleek metal bracelets, in a variety of colours and sizes (including petite), so you can track your steps, calories, distance and elevation, and get personalised energy boosts throughout the day, while still feeling fabulous.

~ [omronhealthcare.com](http://omronhealthcare.com) US\$ 169

### Digital doodahs

# Innovate your Health

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### Know Pressure

Designed specifically for busy people on the go, this wrist version blood pressure monitor makes it easy to track your morning and evening blood pressure and pulse, even when you're on a long flight. It also features a touch screen XXL display, a WHO indicator and arrhythmia detection.

~ [beurer.com](http://beurer.com) US\$ 100

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### Untangled Tunes

Don't like how those wires keep getting in the way? The Red Fox Edge Wireless Headphones, which slip over or under your ears and connect around the back of your head are an interesting new option. Ideal for shorter periods of

listening, up to about two hours, they're a good option for the gym, because they're also easy to clean if you do get them sweaty.

~ [redfoxwireless.com](http://redfoxwireless.com) US\$ 120

③

### Mindful Eating

Have you heard about mindful eating? Some say that eating too fast, or eating while distracted, leads to troubles with portion control, difficulty controlling your weight, and poor digestion and even gastric reflux. The HAPIfork contains smart technology that helps you monitor and track your eating habits. It alerts you with indicator lights and gentle vibrations, which help you become more mindful.

~ [hapi.com](http://hapi.com) US\$ 99

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### Inspired to buy?

See our *Karibu* selection to find out which items are available during your flight.

With 200 million people between the ages of 15 and 24, Africa has the youngest population in the world. **Nigeria is the "youngest country".**



## People

**Jackson Biko** is a well know writer and blogger in Kenya  
~ [www.bikozulu.co.ke](http://www.bikozulu.co.ke)

### Style

## Fashion is More Than Their Passion



**Matthew Rugamba**  
**House of Tayo, Rwanda**  
Matthew Rugamba is the man behind *House of Tayo*, a menswear label most famous for its striking bow-ties designed using African prints. When the 27-year-old studied in the US, he said people felt sorry for him when he said he came from Rwanda. "I didn't like that," he says. "I wanted to tell the story of African dignity, that being Rwandan, and African, is not something to pity. I tell this story through design. My bow ties radiate elegance and dignity."

~ [houseoftayo.com](http://houseoftayo.com)

**Muriuki Kagiri**  
**The Dapper Brother, Kenya**  
In addition to personal updates and restaurant tips, Muriuki Kagiri's website *The Dapper Brother* focuses on fashion. The Kenyan blogger and stylist is now one of the most popular online forces in male fashion design. He says he always had a natural eye for style. "My friends always came to me for advice," he says, "and I used to even get compliments from strangers."

~ [thedapperbrother.com](http://thedapperbrother.com)



**Tendai Kamusikiri**  
**Signature Toscie, Zimbabwe**  
Blogging is not an easy path to choose in Zimbabwe, but Tendai Kamusikiri decided to follow her heart. With her website *Signature Toscie* (based on her nickname), she aims to reach the modern fashion-loving woman: "Through my blog, I inform people what's hot, what's not and what's happening. It helps me to escape from reality and express my creative ability."

~ [signaturetoscie.co.zw](http://signaturetoscie.co.zw)



**Jackson Biko**

## Happy Solitude

I went for a picnic at Nairobi National Park because most of us – Nairobians – are too important and busy to visit our national park. Any less, no prophet is ever accepted in his home town. Take Nairobi National Park, the only one of its kind within a city but do we appreciate it enough? Nope. During Easter we just want to sit on high stools in bars and drink with the same guys with the same haircuts.

Okay, I admit it wasn't a picnic, as such. It's not a picnic if you are alone with just a half-finished bottle of scotch, is it? Whatever it was, the sky was cloudless, a warm Friday afternoon. I sat in the rondavel Observation point, high on a hill overlooking the panorama of the park. I was a bit miserable, which is okay because a man has to be miserable sometimes, unless he's a professional clown. There are over 100 mammal species in the park, but I wasn't in the mood to see a lion, or worse a hyena. I went for the solitude.

I drunk from a disposable cup and listened to The Isley Brothers at very low volume from my phone. I had forgotten to bring some ice. But hey, I was having a swell time. Things were going well until a friend called. "Why are you at Nairobi National Park alone? That's unlike you!" she said. I replied defiantly: "There is the me you don't know. A me that loves elephant grass and Colobos monkeys." She snorted. "You are not trying to commit suicide, Biko, are you?" I laughed. "Yeah, by doing what. Jumping on the horns of a female gazelle and impaling myself?"

Then she asked an odd question. "What do you call a female gazelle?" I said it's called a gazelle. She insisted there must be a name for it. I didn't care if it's called Lucy or Monica because she was really eating into my alone time. "I'll call you straight back," she said and hung up. Two minutes later she called back, "It's called a cow. A female gazelle is called a cow." I felt enriched by this new piece of information. I sipped my drink, and stared at the distant hills. "What do you call a male gazelle then?" I asked halfheartedly. "A bull," she said proudly. "A female elephant is also called a cow, a male elephant is called a bull". "Look, we don't care for these things!" I said with a little more concern than I liked. "We? Who are we?" She asked. I sighed and said, "Black people!" Then I hung up.

Illustration: Hana Wieselander

Many scholars believe Africa to be the "**Cradle of Mankind**". Hominid fossils have been found across the continent, especially around the Turkana Basin.



## Culture & Sports

In **South Africa**, you can run a marathon while spotting the Big Five: Africa's greatest wild animals.

### On the move

## Wellness in Nairobi



Spinning, yoga or CrossFit... how to choose the best workout in Nairobi? The Wellbeing Pass offers a solution without a decision, giving its holders free or discounted access to top fitness spots, including the Africa Yoga Project, Premier Rehab Center, Zen Cycle, Acacia Studio, Crossfit Kwetu and Taut Body.

~ [africayogaproject.org/pages/2017-wellbeing-pass](http://africayogaproject.org/pages/2017-wellbeing-pass)



### Gallery

## Alluring Art

Housed in a conspicuous red double-storey building, the Afriart Gallery in Kampala is hard to miss. This leading contemporary art gallery exhibits an exquisite selection of Ugandan and African art. Afriart currently features the work of popular Kenyan artist Michael Soi, whose paintings provide satirical commentary on socio-political issues.

~ [afriartgallery.org](http://afriartgallery.org)

Text: Eva de Vries



### Talent

## Adrien Niyonshuti

Cyclist Adrien Niyonshuti is one of the optimistic forces of the new Rwanda. Six of his brothers were killed in the 1994 genocide, but he survived, and took up cycling as a teenager. While conquering the green hills, he was able to put his troubles out of his mind, and just enjoyed the scenery and the physical exercise. Cycling gave him hope. Adrien later joined the national team and won the Tour of Rwanda twice. He successfully made it to the South African UCI World Team and competed in tournaments in and out of Africa. In 2012 and 2016 he represented his country in the Summer Olympics. Now he has started his own cycling academy in Rwanda with the motto, "Cycling towards a better future." He adds, "I really enjoy teaching the new generation what I have learned so far." Follow Adrien on Twitter: @AD\_Niyonshuti87.

### Quote

# "How do you democratise a building that wasn't designed with democracy in mind?"

– Mokena Makeka –  
South African architect